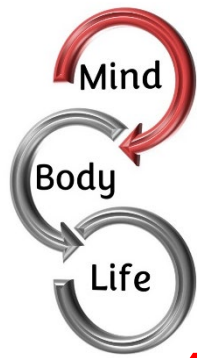


The Total Coach – The Overthinking Guide

Overthinking is engaging in a repetitive negative thought process that loops continuously, seemingly without an end. The thoughts are usually focused on events of either the past (ruminating) or the future (worrying).





A B C D E F*ck Overthinking

A. Self Awareness

Notice yourself replaying events over and over or worrying about things out of your control. Acknowledge these thoughts are unproductive

B. Challenge Thoughts

Acknowledge that your thoughts are likely to be exaggerated. Recognise this before you work yourself into a frenzy

C. Focus on Problem Solving

Don't dwell on problems, look for solutions. Change your thinking from "why did it happen" to "what can I do"

D. Reflection

Dwelling is useless but some reflection can help. Set a short amount of time to consider what you can do differently. Bank the thoughts and move on

E. Mindfulness

Commit to the present. Practice mindfulness to bring the focus away from the past and the future to the here and now

F. Distraction

Telling yourself to stop overthinking will likely fuel the overthinking. Distract yourself with an activity, conversation or project that takes your attention away from the cycle of negative thoughts